THE TIMES-VIRGINIAN
PUBLISHED EVERY THURSDAY
IN THE HEART OF VIRGINIA'S DARK TOBACCO BELT
Appomattox, Virginia 24522
ESTABLISHED IN 1892

W. Lloyd Vaughan . . . . . Publisher and Editor
Beck Hudson . . . . . News Editor

Entered as second-class matter at the Post Office at Appomattox, Virginia, under the Act of Congress of March 3, 1879.

Address all correspondence to The Times-Virginian, Appomattox, Virginia, Virginia 24522

Subscription rates: $6.00 a year in Appomattox, and all adjoining counties, $7.00 elsewhere in Virginia, Outside Virginia $7.50, payable in advance.
Member: Virginia Press Association

Single Copy: 15 cents

Eating Well

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At present there are 103 known mineral elements. Ninety two of these are found only in trace amounts in water, plants, and animals. While all of these may eventually prove to be essential for man, only ten are now known to be.

The Trace Elements known to be essential for man include: fluorine, chromium, manganese, iron, cobalt, copper, zinc, selenium, molybdenum, and iodine. Because sufficient scientific information is available, the National Research Council has established recommended daily dietary allowances for three of elements; these are iron, magnesium, and zinc.

Two trends in food production may lead to imbalances in the availability of trace elements in the future. The first is the increased use of highly refined or fabricated foods. If these are not fortified to concentrations at least equal to those occurring naturally in the products they replace, then deficiencies can result. Good sources of the essential elements include meat, fish, and some vegetables.

The second trend is the increase of human exposure to environments that are contaminated with certain heavy metals. There will probably be an increase in the exposure to these metals, and at present, we do not know how this will affect the body.

In view of the extremely variable distribution of trace elements in foods, the consumption of a varied and balanced diet is an important means to avoid extreme deficiencies or excessive intakes.

A variety of foods from the Basic Four Food Groups (Meat Group, Milk Group, Breads and Cereal and Fruits and Vegetables) is also an important means of obtaining all the nutrients a person needs to stay healthy.

Litter Cleanup Approaches $4 Million At State Level

The results of a recent survey conducted by the Virginia Division of Litter Control indicates the state's local governments spent an estimated $3.9 million during fiscal year 1977 for local litter pickup. The single largest expenditure was in the city of Norfolk where $585,000 was spent for motor sweeping and hand sweeping operations along streets and other public areas in an effort to keep these areas litter free. Norfolk was followed by Henrico County which spent $340,000 and the city of Hopewell which expended $232,447.

The survey letter asked the state's 136 county and city administrators to submit the actual or best estimated cost for litter pickup in their respective localities. According to Division Commissioner Robert W. Slocum, the $3.9 million figure is on the conservative side, because some communities questioned did not include costs for operations such as street sweeping which would have affected their clean up estimates drastically.

The $3.9 million represents only those tax funds spent by the localities for the control of litter and not regular garbage pickup. Slocum says this survey only scratches the surface in terms on what is being spent both publicly and privately to control litter in this state. The survey does not take into account what is spent by civic organizations, private business, military bases, the Virginia Divisions of Parks or Forestry, or the Federal Government which also supports a Parks and Forest System within the Commonwealth. Nor does the survey include the $1.1 million spent by the State Highway Department for litter cleanup or the $564,000 in grants awarded to localities for organized anti-litter activity through the Division of Litter Control.

Keep Virginia Beautiful, Inc., which has been promoting a cleaner environment for the past 27 years estimates that these public and private sources spend $25 million a year to control litter. "In view of this information, it's high time we began facing the financial realities of littering," says Slocum. "We must put the concept that litter is merely an eyesore behind us. Besides the drain of our tax dollars for pickup, litter also lowers property values and can drive away tourists, which robs us of the income needed for other, very important community activity."

Of the 136 county and city administrators contacted, 93 responded to the survey attached is a table containing the localities' actual or best estimated cost for litter pickup. Note that the figures in Column "E" were not included in the total, as they are federally funded programs or the activity is considered part of the localities' normal garbage pickup service.

There has been no money spent in Appomattox County for litter pick-up.

REPORT TO CONSUMERS

You may be able to avoid some confusion the next time you buy a carpet, if you get down to learning a few key terms.

PLUSH is the most elegant of all carpet types. It has a level surface of cut yarn with a velvety feeling, a beautiful sweep of pure color and can act as a showcase for your fine furniture.

TWISTS are the classic "can-take-it" carpet. They have an even pile with yarns twisted to give a nubby look. Twists don't show footsteps, are easy-to-care for, don't soil easily and give long service.

TWEEDS combine yarns of several colors. They are very practical because the break-up of color hides most soiling, lint and crumbs.

SAXONY is the up-to-date version of the shag, with shorter, denser yarn.

TIP OR RANDOM SHEARED are carpets in which the yarn is looped, then the tops of some of the loops are snipped off. The

QUICK QUIZ

How accurate is your knowledge of lemons? If it's not very sharp, hone it on these pungent questions.

1. The average lemon tree in an orchard yields about (a) 200 (b) 500 (c) 1,500 lemons a year?

2. The practical way to judge lemons in the grocery

store is by (a) weight (b) shine (c) scent?

3. Lemons with large knobs at the end have (a) more juice (b) less juice (c) a coarse pulp?

4. The man responsible for bringing lemons to the Americas was (a) Christopher Columbus (b) Vasco da Gama (c) Ferdinand Magellan?

ANSWERS: 1. (c) When the 1,500 lemons are picked, harvest may be delayed for times when your lemons don't have enough juice in them. This commercial mix is made from concentrated juice of lemons with sugar added. 2. (a) The heavier the fruit, the more juice it contains. 3. (b) Beware of lemons with large knobs at the end. They have less juice than those with smooth skins. Those with shiny surfaces may be prepared for later use in the Caribbean Islands and other Spanish colonies to be transported to Columbus' ship were bought in the Canary Islands. 4. (b) Books centered on Columbus' ship were bought in the Canary Islands and other Spanish colonies to be transported to